

Enjoy the Story

Who Really Introduced Us to Mac 'n Cheese?

Curved macaroni pasta with creamy melted cheese is one of the most popular dishes in the United States. There's an interesting story about how that happened.

Pasta dishes were occasionally prepared in Italy and France for a long time, When Thomas Jefferson traveled there, he tasted these dishes and loved them. Jefferson then brought his chef James Hemings, an enslaved 19-year-old accomplished chef, to be trained among the Parisian elite, As the chef de cuisine at Jefferson's home in Paris, Hemings supervised white servants.

Back in the United States, Thomas Jefferson purchased 80 pounds of Parmesan cheese and 60 pounds of Naples-based macaroni, so the pasta dish could be created in Virginia. James Hemings then mixed a perfect balance of butter, cheese, macaroni, that he prepared and served at lavish banquets. It was later perpetuated as a legacy by cooks across America.

Now You Know the Rest of the Story